



phone 334-202-2794

sign-up for our newsletter

"I could not believe that an atmosphere like that would be possible..." Read more Cuddlemonials

about us

rules

faq's

blog

photos



human touch
Generates a chemical reaction
that has significant health
benefits. [learn more](#)

get involved:

[upcoming parties](#)

[find a party](#)

[host a party](#)

[find a facilitator](#)

[become a facilitator](#)

[upcoming trainings](#)

[make a donation](#)

cuddle party info:

[about cuddle party](#)

[cuddle party rules](#)

[testimonials](#)

[photo gallery](#)

[what the media says](#)

[electronic press kit](#)

[faq](#)

[blog](#)

[board bios](#)

[california north](#)

[new york](#)

[seattle](#)

[facilitator log-in](#)

🔗 Cuddle Party is ... a Movement!

It's about compassion, affection and touch.

It's about touch that is not about sex.

Wait - IS THERE such a thing?

Of course there is! Though not everyone knows it or how to find it.

One problem with finding comforting touch is that if you believe that touch *is* about sex, then either you are afraid it *might* lead to sex, or you are afraid it *might not* lead to sex.

Not so helpful.

We humans need touch and affection. It's not longer a question. Nurturing, welcome consensual touch is good for you. Good for your body, heart and spirit. Good for your blood pressure, your nervous system, your emotional health, your ability to connect with and trust people, your ability to respect and care for yourself, your creativity, sense of safety and comfort and belonging. Infants who are deprived of touch fail to thrive; we never outgrow the need.

Why is it so hard to find? Because for the most part, we think it has to do with sexual relationship, or at least romance, hooking up or 'attraction'.

What if it just has do with being a human being who cares about other human beings? Kindness, compassion, comfort and nourishment.

Cuddle Party is a movement to reclaim this option in our lives.

🔗 Cuddle Party is ... a workshop!

Though touch is natural, the skills that make it welcome and enjoyable have to be learned. Skills of communication, boundaries, asking for what you want, and saying 'Yes' or 'No' with clarity and kindness.

Cuddle Party is led by trained and certified Cuddle Party Facilitators. The Facilitator's job is to guide you into those skills gently and easily, in a fun, safe and light hearted way. We welcome you and create an atmosphere of respect, and remain available for questions and support.

At a Cuddle Party you gain:

- * Clarity and confidence
- * Boundary and communication skills
- * Comfort, support and encouragement
- * The secrets to welcome, relaxed, non-sexual touch

The skills you learn at Cuddle Party translate into every day life, right from the start. When boundaries and consent are clear, every relationship is easier.

Where else can you attend a workshop in your pajamas?

upcoming parties:

United States

Monthly Event - Fourth
Saturday of every month

[view more](#)

Canada

Monthly Event - Third
Saturday of every month: 5:45
PM to 9:30 PM (MT)

[view more](#)

Colorado

Thursday, April 12, 2012 at
7:00 PM (MT)

[view more](#)

California

Sunday, May 13, 2012 from
6:00 PM to 10:00 PM (ET)

[view more](#)

Canada

Saturday, May 19, 2012 from
2:00 PM to 6:00 PM (PT)

[view more](#)

California

Saturday, May 19, 2012 from
5:00 PM to 9:00 PM (PT)

[view more](#)

California

Sunday, May 20, 2012 from
5:30 PM to 10:00 PM (ET)

[view more](#)

New Jersey

Saturday, June 9, 2012 from
6:30 PM to 10:00 PM (ET)

[view more](#)

New Jersey

Sunday, June 10, 2012 from
6:30 PM to 10:00 PM (ET)

[view more](#)

➤ Cuddle Party is ... a social event!

We open with a Welcome Circle - about 45 minutes of introductions, rules and a few games to help everyone get comfortable. We teach communication and boundary skills in ways that are lighthearted and fun.

Then we open up for 'free-style' cuddling. You have plenty of time to relax, chat, share a back rub or other welcome touch, cuddle, have a snack or just hang out.

You can come to a Cuddle Party to meet new people, to enjoy amazing conversations, to touch, to be touched, to have fun, to practice asking for what you want, to practice saying "no" to what you don't want — all in a setting structured to be a safe place for exploration and enjoyment. Shucks, you can even come to a Cuddle Party just to cuddle!

We hope you join us.

➤ Where is the next one?

Events are happening all over the US, as well as in Australia, Canada, Denmark, England, Sweden, and South Africa!

[Find a Cuddle Party near you.](#)

In Australia and Oceania check out: [Cuddle Party Oz.](#)

➤ Become a Cuddle Party Facilitator

Think you might like to learn to facilitate Cuddle Party (or other events) in your area?

Yes, we do offer training. First a weekend workshop in facilitation skills and then, if you are interested, a Certification program of mentoring and group coaching to prepare you to create the safest and most welcoming Cuddle Party ever.

[Read more . .](#)

[TRAINING DATES](#) • [DONATE](#) • [OFFER TO HOST](#)

[home](#) • [find a party](#) • [find a facilitator](#) • [become a facilitator](#) • [host a party](#) • [make a donation](#) • [about cuddle party](#) • [cuddle party rules](#)
[testimonials](#) • [board bios](#) • [what the media says](#) • [electronic press kit](#) • [faq](#) • [blog](#) • [user agreement](#) • [privacy policy](#)

© Cuddle Party. All Rights Reserved

Cuddle Party c/o EDUCO Inc., 2135 College St. Montgomery, AL 36106 • Phone. 334-202-2794 • Email Us

Website design and website hosting by Internet Host Services